



MCAS Cherry Point Semper Fit Health Promotion Division
2005 Nutrition-focused Programs and classes

Nutrition Counseling: Complete nutritional assessment done with each client. Assessments include keeping a 1-week food log, cholesterol screening, blood glucose levels, basal metabolic testing, body composition, vitals, etc. Goal setting, recommendations & resource materials given to each client. Monthly follow-up appt. are conducted for 6 months.

Weight Management Class: Classes meet once a week for 6 weeks. (Flyer with class description attached). Registered dietician teaches classes.

Health Fair: Wednesday, December 7, 10am-2pm. All active duty will receive credit towards their annual Semper Fit Center. All active duty will receive credit towards their annual Semper Fit training requirements, with attendance & participation. Informational displays, health professionals available, health screenings available on-site. Areas include Cholesterol Screening, Tobacco Cessation, Blood Pressure, Body Composition, Cancer Awareness, Carbon Monoxide Testing (for smokers), CREDO, Dental Care, HIV/STD Prevention, Physical Therapy Demonstrations, Stress/Anger Management, Nutrition Education, Optical Care, Physical Therapy, Alcohol & Substance Abuse Prevention, Fatal Vision Goggle Demonstrations, Safety Information, Bike Safety, Chaplain Services (to include Suicide Prevention), Seatbelt Convincer, Massage Therapy, and Fire Prevention

Diabetes Self-Management: Meets once a week. Registered Dietician and Certified Diabetes Educator facilitate group meetings.

Cholesterol, Triglyceride, Glucose and BP screenings and body fat assessment: always available, by appointment at the Semper Fit Center.

BMR (basal metabolic rate) Testing: This is an excellent opportunity to find out how many calories your body burns, while at rest. Services are available to calculate your individual BMR. Done by appointment only.

Personal Training: Semper Fit Fitness Division offers Personal Training to Active Duty, retirees, DoD employees and family members. Our nationally certified trainers will assess your fitness level with our computerized Micro-Fit System. Assessments consist of blood pressure, resting heart rate, strength, flexibility and aerobic fitness. Our trainers will design a personalized workout for you and monitor your progress. Workouts are designed based on the five components of physical fitness, (muscular strength, muscular endurance, body composition, flexibility, cardiovascular fitness) combined with information acquired from your Micro-Fit results. Personal training includes six weeks on one-on-one training sessions with a personal trainer. After six weeks, reassessment will be conducted.

Nutrition Classes/Briefs: Educators conduct over 135 briefs in nutrition and hypertension education each year for youth and adults. Classes are either lecture-style or interactive based. Some examples of the interactive classes were Scavenger Hunt at the Commissary, 5-a-day Bingo, Taste-testing (food sampling), Make-your-own fruit smoothie, etc. There were over 5,400 total participants for these classes in 2005.

Kid's Health and Fitness Fair:

For kids ages 3-12 (and parents). There were many activities that focused on good nutritional habits for children that included "make you own healthy pizza or fruit smoothie recipe, 5-a-day relays, fitness stations that included mini-trampolines, obstacles course, "fruit-walk" and so much more. Demonstrations such as "Fatso Demos" that simulated weighing 5, 10, and 15 lbs. more than current weight. Also many displays for kids to see how cholesterol affects the heart, as well as food models that show how much fat is in "foods of choice" for this age group. There were also many resources/info. for parents as well.

Submitted by: Annette Williams, RN, Health Promotion Coordinator, MCAS Cherry Point